

# LONDON metro®



**\$500,000  
WINNERS**



## ... AND THE GRAMMY GOES TO GASOI

VANCOUVER-BORN MUSICIAN WINS HER FIRST GRAMMY FOR BEST CHILDREN'S ALBUM. CHECK OUT METRONEWS.CA FOR A LIST OF THE WINNERS **PAGE 11**

## Quebec town takes 'first step toward healing': Priest

More than 1,000 attend commemorative mass for L'Isle Verte fire victims **PAGE 6**

## To be a good mother, you must be a good fibber

Parents recall half-truths they use to protect their kids from their own bad habits **PAGE 14**

## Lightning strikes twice on winning weekend

London edges Brampton Sunday after road win in Mississauga Saturday **PAGE 17**

# Minorities urged to run for office

**Representation.** Harold Usher is encouraging a 'better mix' of candidates for city hall



**MIKE DONACHIE**

mike.donachie@metronews.ca

Members of London's minorities need to think about running for city council, one member has said.

Coun. Harold Usher, the only person at the city council horseshoe who's from a visible minority group, wants council to represent Londoners in more ways than one.

He said that 16.1 per cent of the city's residents are from visible minorities, and he has been speaking to ethnic minority groups, encouraging their members to consider municipal politics.

Already, three of the five women on council have said they won't run again on Oct. 27, and activist groups like Women In Politics are encouraging other women to try to replace them.

"My personal feeling is we need a better mix," said Usher. "I'm concerned about the number of women leaving but one of my concerns is we should

have a few more visible minorities, at least one more, but more than one because I'm not going to be there forever."

But nobody deserves to be elected just because they're part of a minority, he added. Any candidate, whatever their background, should be up to the job.

"People want to know that they have something to offer," said the Ward 12 councillor, who's a native of Belize. "People want to know that they care."

"People want to know that they can have an intelligent conversation and people want to know that they can think."

There's an obvious question in this. What difference does it make if someone's from a minority?

"To me, the city council should be a fair representation of the demographic of the population," explained Usher, saying that applies to people's occupations, gender and ethnicity. It's all about representing everyone's views fairly.

So he's been speaking to various groups, including groups of people from Arab, Chinese, Eastern European and Hispanic backgrounds, asking them to think about running, or about joining one of city hall's advisory groups as an introduction to municipal politics.



## A BOXER AND A FIGHTER

Londoner Melissa Burt is fighting fit, thanks to some Olympic inspiration. She's part of the growing popularity of boxing for women. Story on page 5. MARK SPOWART/FOR METRO

# Law students extend a helping hand to locals

**Putting education into action.** Western Law students are reaching out by offering pro bono legal service in the London area

DAVID  
INGRAM  
For Metro

Legal issues can have a profound impact on someone's life, and without proper guidance can change it for the worse.

A team of law students at Western's Community Legal Services clinic tries to help minimize the chance of that happening.

CLS provides free advice and services for both Western students and those in the London area that cannot afford legal representation. Under the guidance of trained lawyers, law students take their knowledge from the classroom out into the real world.

Cassandra Ball, a third year law student at Western, works as a supervisor for casework done at CLS and said being able to expand beyond the campus setting has been crucial to her education.

"A lot of students, we sometimes feel kind of like in a bubble," she said. "You can easily just stick within the Western bubble and not really interact with the community at all."

And by doing so, they hope to try and do their part to minimize the gap between those with and without legal aid.

Doug Ferguson, director of CLS, said legal representation access is a serious problem in Canada. Many are forced to navigate the complexities of the justice system alone.

"Bad things can happen if you don't have somebody there to help you, who knows how things work," he said.

For Ball, it's one thing to read a textbook and take a class on how the justice system works, but it's quite another to put that knowledge into practice in a real world setting.

"Coming into law school your first year can be really intimidating, and there is a lot of reading and it's very abstract and it's kind of hard to see how it all fits in together," she said.

"But when you come here you actually get exposure to real clients, and you get to see what problems the community is facing."

## At a glance

- The clinic is located in Room 126 at the Faculty of Law at Western.
- It's made up of volunteers and students earning course credits.
- It doesn't accept new clients between semesters or

during exams, but is open full time in the summer.

- They deal with legal matters such as criminal law, landlord and tenant disputes, small claims court, estate law, intellectual property and academic appeals.



Cassandra Ball, 24, is a Western law student who also helps supervise legal cases handled at the CLS clinic.  
MIKE DONACHIE/METRO

## Dream Lottery winner facing a dilemma



Winners, from left, Judy Dale, Matthew Akins and wife Traci.  
SCOTT TAYLOR/METRO

An Ilderton woman has the enviable task of choosing between three stunning homes or a million dollars after she became the newest Ultimate Grand Prize winner for the fall 2013 Dream Lottery.

Judy Dale was still somewhat speechless as she toured one of the homes with reporters tailing her like she was a celebrity.

The good news didn't hap-

pen as planned, though, leaving her to wonder for a few long moments earlier in the morning if it was all a trick.

"First of all I had a phone call from a sister-in-law and then I had a phone call from a niece," she said. "And then I hadn't heard anything, so I didn't think it was right."

Officials with the Dream Lottery had already tried but failed to reach her. Finally,

the call she was waiting for came.

What's it like to win \$1,000,000?

"It was pretty shaky," she said with a laugh.

The decision between a home and the money was already just about made, she added, but she was going to keep that to herself for the time being.

Meanwhile, a London man

won the 50-50 draw worth more than \$376,000.

Matthew Akins and wife Traci, married six years and sporting wide smiles, said they were going to take a long-postponed honeymoon "somewhere warm."

The owner of a moving company, Akins said the money would be used to make more money.

SCOTT TAYLOR/METRO





## Happy day for animal hospital

Dozens of people packed into the East Village Animal Hospital, at 1777 Dundas St., on Sunday for its opening celebration. It offers cheaper vet services to pet owners on low incomes. Admin assistant Christina Mates is pictured enjoying a happy moment with Nitrous, one of the puppies being offered for adoption at EVAH. MIKE DONACHIE/METRO

### Election to mirror wards

## Youth council back in a new form

Most eyes may be on the October city council election at city hall, but there's another council about to be chosen.

The London Youth Advisory Council has announced that applications for its 2014-15 tenure have opened. And, this year, the organization is making a major change.

For the first time, the youth councillors will represent the city's electoral wards, just like city councillors. Until now, the younger representatives — who are ages 15 to 25 — were elected by a citywide vote.

Londoners ages 13 and older can register as a candidate at lyc.ca. Voting begins on March 24.

MIKE DONACHIE/METRO

### Day of action

## Postal workers looking to send a message

Canadian postal workers are to show how unhappy they are with the federal Conservative government today.

A national day of action has been called across the country by postal workers over cuts to Canada Post, and the eventual phasing out of door-to-door mail delivery. London's branch of the Canadian Union of Postal Workers will also be taking part, with a 4:30 p.m. rally planned at the corner of Highbury and Oxford streets.

They have invited all members of the community and other unions to come participate in the event.

DAVID INGRAM/FOR METRO

# Sponsorship idea to keep pets healthy

## Public appeal.

St. Thomas shelter's fundraising program accepting donations for animals' medical care



MIKE DONACHIE  
mike.donachie@metronews.ca

A new way to help pets to see a vet has been launched by an animal shelter in St. Thomas.

City Animal Services, at 100 Burwell Rd., is finding times tight, like so many shelters. But veterinary technician Tanisha Shea Hasson has a plan.

She's asking people to support Change for Change, a program that lets people sponsor animals' medical care.

"I wanted to start a program so that I could help animals to at least have the bare minimum," said Shea Hasson.

"The animals get checked, get their rabies shots and get spayed or neutered.

"It was just something that was really important to me and I wanted to make a difference."

Even that basic veterinary care can't be guaranteed for every animal that comes into the shelter, she said.

So the sponsorship scheme asks people to consider making a \$58 donation, but any donation, including pocket change, is welcome.

"It also ensures that we're not going to be adding to the overpopulation of animals in the area," Shea Hasson added.

"It's especially a problem



Tank is one of the cats who has been sponsored under a new program at the St. Thomas animal shelter. He's still waiting for a good home, and is pictured here with shelter employee Tanisha Shea Hasson. He's an affectionate cat but not suitable for a home with young children. ANGELA MULLINS/METRO

with cats. It's a problem in St. Thomas and everywhere."

But City Animal Services is doing all it can, she said, in partnership with organizations in St. Thomas — including All Breed Canine Rescue, Animal Aide and Pets Friends 4 Life — and in London, like Holly's Hope and Paws United.

### How to help

- To sponsor an animal, visit [cityanimalservices.ca](http://cityanimalservices.ca) for more information.
- Animals are in need of adoption, too, and Tanisha Shea Hasson made special

mention of a malamute named Ice.

- He's been in the shelter for far too long, she said, and needs someone to invest time and energy in him.



Do it right the first time!

Andrew Joiner  
Residential Sales Manager  
1045 Hargrieve road, Unit A  
London, ON

Tel: 519 686-0940  
Cell: 226-236-8343  
[ajoiner@reliancecomfort.com](mailto:ajoiner@reliancecomfort.com)

Up to **\$1850** rebate!  
-limited time only!

Find out why over **100,000 Londonders** trust Reliance for heating, cooling and water systems

## City elections. Former transportation advocate trucking for Ward 5

A former president of a group representing transportation businesses in the London area is among the latest candidates for city hall.

Steve Hogg, 48, was until six months ago president of the London District Transportation Club, which represents the interests of companies involved in all kinds of haulage.

Now Hogg aims to become the councillor for Ward 5, the north London ward being vacated by Coun. Joni Baechler.

He says he can bring a logistical approach to city hall.

"My overall platform is not to promise a bunch of things that I can't deliver," said Hogg. "But I do plan to make council work better, period, through communication, respect and humility."

The only other candidate who's filed in Ward 5 so far is Randy Warden, a former military man and senior manager of a security company.

His community work



Candidate Steve Hogg. CONTRIBUTED

included founding London Celebrates Canada, dedicated to celebrating the country's culture and history.

Over in southeast London, incumbent Coun. Sandy White has formally joined the fray, filing her nomination papers. Her Ward 14 fight, so far, is against Steve Hillier and Jared Zaifman.

The most recent filing for city council is Flavio Iannallice for Ward 6, where Coun. Nancy Branscombe is ending her final term. Also signed up there is Greg Munro.

MIKE DONACHIE/METRO

## Oil fire. Firefighters issue warning on 'painful and costly' cooking mistakes

Take care while cooking.

That's what the fire department is warning after a London woman was burned in an oil fire.

The woman was reportedly preparing french fries when cooking oil in a pot ignited. She reacted by putting the pot in the sink and running cold water, causing an explosive cloud of steam to burn her skin and light the kitchen on fire.

The news release calls cooking the major cause of all home fires, and despite efforts to educate the public, "painful and costly mistakes continue to be made."

### Cooking fires 2013

# 37

The fire department responded to 37 cooking-related fires from January to November of last year.

The fire department strongly urges Londoners to pay attention while cooking and to never apply water to grease-related fire.

If a fire does start in a pot on a stove, they recommend turning off the burner and cutting off oxygen to the fire by carefully covering it with a lid. DAVID INGRAM/FOR METRO



The wooden gun wheel that's been offered to the city. It now sits near the entrance to the Delta Armouries Hotel. MIKE DONACHIE/METRO

# Piece of history offered to the city

**First World War.**  
Wooden wheel part of Canadian gun carriage destroyed in battle

MIKE DONACHIE  
mike.donachie@metronews.ca

A historic artifact is being offered to the City of London by a group of former soldiers.

In a letter to Mayor Joe

Fontana, the city has been informed that the Western Ontario Gunner Officers Association has been closed down.

Its last meeting was held in October.

"It is our desire to retire with dignity," reads a letter to the mayor by retired major Robert R. Doyon.

But with the closure of the association comes the question of what to do with a wooden gun wheel that it owns.

The unusual item was

part of a Canadian field gun destroyed by enemy fire during the First World War. It was once owned by the Artillery Regiment but passed to the old soldiers' group in 1964 when the regiment disbanded.

Now on display at the Delta Armouries Hotel, where the gunner officers' association held its meetings, the wheel has been offered as a gift to the city.

"We now request the gun wheel be displayed with the

memorial plaque and Books of Remembrance on the main floor of London City Hall," writes Doyon.

The issue will be discussed at Monday's investment and economic prosperity committee meeting, but a decision is not expected.

Instead, city staff want councillors to agree to a review by experts, including the London Heritage Council Historic Artifacts Jury, which will report back to council with advice.



An emergency worker toils in the icy rubble left from a fire that destroyed a seniors' residence in L'Isle-Verte, Que. THE CANADIAN PRESS

## Ont. rethinks date for seniors' sprinklers

Ontario will consider moving up deadlines for sprinklers in seniors' homes after the tragic fire at a retirement residence in Quebec, Health Minister Deb Matthews said.

"I cannot imagine having to deal with that situation here in Ontario. It is an opportunity to take another look," Matthews said.

Last May, the province an-

nounced that all retirement homes must install sprinklers within five years. But the deadline for publicly owned nursing homes is not until 2025.

"There is a phase-in period," Matthews said. "We do have to take another look to see if there's anything we can do to accelerate that."

Ontario's deadlines fol-

### Leading the way

Ontario became the first province to require sprinkler retrofits. They were already required in buildings constructed since 1998.

lowed years of lobbying by fire authorities, coroners and

politicians after 45 fire-related deaths in buildings housing seniors in the province since 1990.

About one-third of Ontario retirement homes, mainly smaller ones, do not have sprinklers installed. The Ontario Retirement Communities Association said doing so would cost about \$35 million.

TORSTAR NEWS SERVICE



# Breaking down walls, one punch at a time

**'Hooked.'** Inspired by the Olympics, Melissa Burt looks to stake her claim inside the boxing ring

**MARK SPOWART**  
london@metronews.ca

Sports with a high degree of physicality have always had an appeal for Melissa Burt.

But it was the 2012 Summer Olympics in London, England — the first games to include female boxing — that piqued her interest in an especially sweet science.

The 25-year-old Londoner always found that team sports, like hockey, added balance to her life. While she enjoyed, and excelled, in the team atmosphere, it took only one boxing class for Burt to know the right place for her was in the ring.

"I was hooked," said Burt, who trains at Round One Boxing on First Street. "The feeling of connecting a glove to anything is just addictive. I think it is like when runners talk about a 'runner's high,' something I have never had in my life.

"It is the same with boxing, there is some level of addiction to it. It is very satisfying."

Bill Hughes was the instructor of that fateful first class, and he saw something in Burt that told him she was a



Melissa Burt gets some ringside instruction from coach Bill Hughes during a sparring round. MARK SPOWART/FOR METRO

## The plan

- With a 1-1 record in bouts, Burt has her sights set on qualifying for the Ontario provincials this year.
- She plans to see where her boxing career takes her after that.

fighter, not just a boxer.

"Some people just come to it really, really naturally, and they just want to do it," Hughes said. "They like the idea they are building skills, and I think Melissa falls into that camp."

From that point the two started working together, training to get Burt ready for her first fight in September 2013.

There were a lot of lessons to be learned along the way, some a little more painful than others.

"Yeah, I remember the first eye-opening punch, I remember my nose bleeding," Burt said. "There was this one girl who was a little smaller and shorter than me, but she had 11 years experience in martial

arts. She cracked me in the head, and I think I swore, really loudly.

"We stopped the sparring, and Bill called me the next day to see if I was OK. He was concerned that I may have had a concussion. I think to this day, that was the hardest punch I have ever felt."

For some, that may have been enough to make them rethink their decision. For Burt, it was simply a learning lesson.

"I just knew I had to start moving my head, that was the goal after that," she said. "I got cracked pretty hard, and it makes you think, and it also takes you down a few notches.

"Everyone had been saying 'Wow, you are really doing well' and then somebody walks in and cracks you in the head, and it is like, 'doh.' That's what it is all about."

With more women becoming interested in boxing, Burt enjoys breaking down walls within the sport, especially when new guys show up to the gym.

"I love it. I love stepping into the class and have it be all boys," she said. "They all have a certain amount of cockiness when they see a girl, and you'll catch them saying 'Watch this, I am totally going to beat her.' And, they don't."

## Eye of the tigress

### The growing popularity of women's boxing

Gender walls are coming down in both amateur and professional sports, and boxing is the latest to see more women getting involved.

Melissa Burt was inspired after watching boxing in the 2012 Summer Olympics and walked into a boxing club for the first time that same summer.

Burt's coach, Bill Hughes, is starting to see more women like her.

"I think it is getting very popular. I don't know exactly why, but I think young girls are starting to realize it is something they can do," he said.

Hughes also believes boxing may provide a level of control many people — both male and female — are looking for.

"In some ways, they are in more control of their lives when they are in that ring compared to possibly anywhere else in their life," said Hughes.

While boxing is widely viewed as being a purely physical sport, those who take it up know it takes a great deal of mental preparation.

"Fighting is 70 (to) 80 per cent mental, like most sports," Hughes said. "You have to really believe in yourself. You have to be very, very focused."

"There is no anger in the ring. None. The minute you are angry, you have lost the fight." MARK SPOWART/FOR METRO

Mention the names Lennox Lewis, Sugar Ray Leonard, Muhammad Ali, Mike Tyson or Joe Frazier and most people will know you are talking about boxing.

Odds are, however, you could be standing behind an Olympic or professional female boxer and not even know it.

Their names may be less known, but they're powerhouses nonetheless. Mark Spowart takes a look at some female boxing greats for Metro.



### Mary Spencer

Mary Spencer from Windsor was Canada's first Olympic female boxer.



### Laila Ali

Laila Ali has a pedigree name in the boxing world with her father being heavyweight boxing legend Muhammad Ali.



### Mandy Bujold

Mandy Bujold from Kitchener is a seven-time Canadian Champion.



### Lucia Rijker

Lucia Rijker is a Dutch professional boxer, kick-boxer and actress.



### Jane Couch

Jane Couch is a British boxer who had a 14-year career and was awarded the Member of the Order of the British Empire in 2007.



### Katie Taylor

Katie Taylor, the current European, world and Olympic champion, is credited with raising the profile of women's boxing in Ireland.

# 'We will try to find the strength to get through this'



A woman holding a picture of her husband, who died in last week's seniors' residence fire, arrives for a commemorative service for the victims on Sunday in L'Isle-Verte, Que. RYAN REMIOWZ/THE CANADIAN PRESS

**L'Isle-Verte.** Owner of fire-ravaged seniors' home speaks about tragic loss of life to over 1,000 gathered at commemorative mass

The owner of a Quebec seniors' residence that burned to the ground offered his condolences to the victims Sunday.

Speaking to a throng of reporters outside the church in L'Isle-Verte, Roch Bernier said it was not the right time to say whether he would rebuild the residence.

He said the mass, attended by more than 1,000 people, was a day for the victims, the missing and residents of the town.

Bernier received a standing ovation as he stood up to speak at the mass.

"What you're living inside, we are living it inside as well," he told the gathering, which

## No rush to judgment

"We will wait for the inquiry because now we don't have the results of this evaluation and examination. After that, we will see if there are some new rules to adopt."

Quebec Premier Pauline Marois, who said she wants to see the results of the various investigations into the blaze before rushing to judgment on a solution.

included Quebec Premier Pauline Marois and Liberal Leader Philippe Couillard. "We will try to find the strength to get through this."

A more formal commemorative ceremony, featuring more dignitaries, is scheduled for this Saturday. Sunday was a chance for the tiny Quebec village to voice its collective grief, with priest Gilles Frigon calling it "a first step toward healing."

Meanwhile, authorities said there was no change in the number of victims. Ten people have been confirmed dead and 22 others are missing and presumed dead after Thursday's blaze at the Résidence du Havre.

Searches were hampered

Sunday by bitter cold, poor visibility, blowing snow and winds up to 90 km/h, provincial police Lt. Guy Lapointe told a news conference.

Marois arrived in L'Isle-Verte on Sunday to see first-hand the results of the fatal fire, cutting short a trip to Europe to deliver condolences in the village of about 1,500.

The premier called the brutal blaze "unacceptable" and said she hopes such a tragedy never repeats.

She told a news conference that everything is being done to provide support for those who survived the fire and to give closure to those still awaiting word on their loved ones.

THE CANADIAN PRESS

## Hundreds rally in Ottawa to 'save Canada Post'

Around 300 protesters marched through downtown Ottawa en route to the Prime Minister's Office (PMO) Sunday to protest government plans to end door-to-door mail delivery.

Marching to the beat of Bob Marley's Get Up, Stand Up, the employees, most of them from Montreal, blew whistles and waved signs while shouting, "Save Canada Post" as they converged at the PMO for the rally.

"This is not just an attack on Canada Post and our

customers, this is an attack on our whole country and everybody who lives in this country," said Ian Anderson, president of the Canadian Union of Postal Workers (CUPW) Ottawa local, to a roar of cheers.

"We need to stop this corporation and stop this government — it's an attack on everybody."

The Crown corporation is eyeing \$900 million in savings every year by replacing foot delivery with community mail boxes and increasing

postage prices. The feds also plan to cut thousands of jobs over the next five years.

The plan doesn't sit well with Sid Ryan, the president of Ontario Federation of Labour, who rallied the crowd Sunday.

"This social program of postal delivery has been in place for 150 years. It is one of those social programs that unites our country, just like the health-care system," he said. "We're not going down without a fight."

Ottawa & District Labour

Council president Sean McKenney told the hundreds huddled around him trying to stay warm that the changes will mostly affect "our elderly, our disabled, our sick, our seniors," and said Canada Post CEO Deepak Chopra has been "completely ignoring suggestions by others."

The CUPW plans to continue to protest the changes with door-to-door campaigns and other crusades to drum up even more support to save urban postal service.

TREVOR GREENWAY/METRO IN OTTAWA



Billie the dog walks along with about 2,000 people marching through the streets of Ottawa in support of the CUPW, which rallied outside Prime Minister Stephen Harper's office Sunday. FRED CHARTRAND/THE CANADIAN PRESS

### Back in session

#### As Parliament returns, scandal, budget expected to dominate

MPs return to Parliament on Monday with the spectre of the Senate expenses scandal still hovering over the government, which says it intends to remain focused on the economy, with

next month's budget the centrepiece of the winter sitting.

But New Democrats and Liberals believe the ongoing RCMP investigation and potential charges against Prime Minister Stephen Harper's former chief of staff and four senators will keep the government firmly mired in the Senate scandal, as it was for most of last year.

THE CANADIAN PRESS

### Privacy

#### Border officials to share personal info with federal government

Canadian border officials plan to share personal information obtained under a new Canada-U.S. border data-exchange program with other federal departments.

The program, in which

Ottawa and Washington will start sharing their citizens' travel and biographic data this summer, means anyone from Canada travelling to or from the U.S. by land will have his or her information passed on to federal departments.

The Canadian Border Services Agency confirmed the new practice and said data would only be passed in accordance to stringent rules. TORSTAR NEWS SERVICE

### Life's a beach for Biebs

#### Justin Bieber spotted relaxing in Panama amid DUI charges

A Panamanian radio and TV host says Justin Bieber has been relaxing on a beach in Panama on a vacation from the U.S., where he faces DUI charges after being arrested last week.

Eddy Vasquez was filming a show at the Pacific Coast resort in Punta Chame, about 145 kilometres west of Panama City, when he spotted Bieber and members of his entourage walking along the beach.

He and his crew took pictures of the singer and his companions, who got on personal watercraft and travelled to a nearby island.

THE ASSOCIATED PRESS



Clashes continue

## 13 people killed across Iraq

Car bombings and shootings killed 13 people across Iraq on Sunday, authorities said, as militants kidnapped soldiers in an embattled province where al-Qaida-linked fighters hold portions of two major cities.

Kirkuk deputy police chief Maj. Gen. Torhan

Abdul-Rahman Youssef said three car bombs exploded Sunday afternoon simultaneously in separate residential neighbourhoods.

Youssef said the blasts killed four people and wounded 14.

Sunday night, a car bomb went off near a Sunni mosque in Mishahda area, killing three people and wounding 13 others, said police and hospital officials.

THE ASSOCIATED PRESS

Israeli-Palestinian conflict

## Settlers shouldn't have to move: Netanyahu

Israeli Prime Minister Benjamin Netanyahu believes that all Jewish settlers should have the right to remain in their homes in a future Palestine, an official in his office said Sunday. The approach was im-

mediately rejected by the Palestinians and settlers themselves.

In years of negotiations, it has been assumed that any Jewish settlers not inside Israeli territory under a future peace deal would have to be removed. But Netanyahu believes there is no reason for a future Palestinian state to be "ethnically cleansed," the official said.

THE ASSOCIATED PRESS

Maryland

## Motive for shooting not yet known: Police

The gunman who shot two people to death at a Maryland mall had no criminal record, police said Sunday, but little else is known about the 19-year-old and whether he knew his victims before he killed

them.

Howard County Police Chief William McMahon said investigators are trying to determine whether Darion Marcus Aguilar knew either of the victims, who were both employees of a shop called Zumiez, which sells skateboards, clothing and accessories and is on the mall's upper floor. McMahon offered no motive for the shooting.

THE ASSOCIATED PRESS

# Teen flies plane after pilot faints

**Australia.** Pilot was unconscious for 45 minutes

A teenager described on Sunday how he took the controls of a light plane for more than half an hour after the pilot passed out during a joy flight over rural Australia.

Troy Jenkins, 19, said the single-engine Cessna 150 was only 10 minutes into a flight from the New South Wales state farming town of Forbes on Saturday afternoon when the pilot Derek Neville, 61, lost consciousness.

Jenkins said he had taken the controls before while flying with Neville, a family friend. Jenkins flew circles around Forbes airport at a steady altitude of 610 metres for around 45 minutes before the pilot came to.

"Keeping it up wasn't a problem, it was the landing part I wasn't sure of," Jenkins

Quoted

"Keeping it up wasn't a problem, it was the landing part I wasn't sure of."

Troy Jenkins, 19  
The teen took the controls of a light plane after the pilot lost consciousness.

said. "I was pretty scared."

Jenkins said he had landed a plane only once before and that was with Neville's supervision. Jenkins was relieved that the pilot had regained consciousness moments before they were to land.

"He sort of poked me in the right direction and we both brought it down," Jenkins said. They landed safely.

After the landing, Neville was flown to Orange Base Hospital, where he remained on Sunday. His wife Merle Neville said he had undergone heart and brain scans, but doctors had yet to diagnose the problem. THE ASSOCIATED PRESS



## Collection of Nazi's never-before-seen papers to be published

This undated photo provided by German newspaper Die Welt shows a trove of letters, notes and photos that were in possession of an Israeli family. The letters are believed to be written by Nazi SS leader Heinrich Himmler and had not been shown to the public. The newspaper said the material is contained in an eight-part series it plans to publish (Search "Insight into the orderly world of a mass murderer" on [www.welt.de](http://www.welt.de)) Himmler is considered to be one of the Nazis most responsible for the Holocaust. DIE WELT/REALWORKS LTD./THE ASSOCIATED PRESS

## Sweden. Foreign minister announces visit to Iran

Sweden's Foreign Minister Carl Bildt says he will visit Iran in early February, a result of the country's improved diplomatic relations with the West.

Bildt wrote on his blog Sunday that he will travel to Iran next week, where he will also hold official talks with Iran's Foreign Minister Mohammad Javad Zarif. THE ASSOCIATED PRESS

## Valerie Trierweiler. Ex-first lady heads to India

A day after splitting up with France's president, Valerie Trierweiler launched a new stage in her life Sunday with a charity visit to India.

The ex-first lady arrived in

Mumbai on Sunday night. Trierweiler is on a long-scheduled humanitarian mission in India, which she maintained despite a weeklong stay in a hospital last week. THE ASSOCIATED PRESS

# London



[www.londonlicious.ca](http://www.londonlicious.ca)

With over 40 restaurants including...

Byron Free House  
519-601-3300

CHE Resto Bar  
519-601-7999

Crave Restaurant  
519-645-8886

Crossings Grill & Pub  
519-472-3020

Curry's  
519-645-3226

Dolcetto Risto Italia  
519-652-5617

Fellini Koolini's  
519-642-2300

YOU COULD

# WIN

## DINNER FOR TWO



\*No purchase necessary For full contest details and terms and conditions, visit [clubmetro.com](http://clubmetro.com).

## Advance voting. Thai protesters force closure of many polling stations

Anti-government demonstrators swarmed dozens of polling stations in Thailand on Sunday to stop advance voting for next week's general elections, chaining gates shut, threatening voters and preventing hundreds of thousands of people from casting ballots.

A protest faction leader was fatally shot in a confrontation near a voting centre that also left 11 people wounded, the city's emergency services said, and isolated street brawls broke out in several parts of Bangkok.

The chaos underscored the precariousness of Thailand's fragile democracy, and the increasing weakness of Prime Minister Yingluck Shinawatra's elected administration. Yingluck had called the Feb. 2 vote in a failed bid to ease months of street protests, but police did not disperse the crowds because of longstanding orders to avert violence, which many fear would give the all-powerful army reason to stage a coup.



A Bangkok resident shows her support to anti-government protesters outside a polling station in Bangkok, Thailand, Sunday.  
WASON WANICHAKORN/THE ASSOCIATED PRESS

"It's a sad day for democracy when the right to vote ... is assaulted by a political movement that claims to be striving for reform and people's empowerment," Sunai Phasuk, a senior researcher at Human Rights Watch, said of the protesters. "Everything that happened today shows they are striving for the opposite."

THE ASSOCIATED PRESS

## Egypt. Presidential elections to come first, then parliamentary

Egypt's interim president announced Sunday that the country will hold presidential elections before parliamentary polls, promising that a rise in "dark terrorism" won't derail a transition to democracy following a July 3 popularly backed military coup.

The announcement, expected after weeks of speculation, comes as many think army chief Gen. Abdel-Fattah el-Sissi will run for president after leading the coup that toppled Islamist President Mohammed Morsi.

But Egypt remains dangerously divided, as seen in clashes Saturday that pitted security forces and civilians who back the interim government against Morsi supporters, killing 49 people. There has also been a rise in militant attacks, including one on Sunday that killed three soldiers in the country's lawless Sinai Peninsula.

In a brief nationally televised speech, Interim President Adly Mansour said he will ask Egypt's election commission to open the door for presidential candidates to register. Egypt's newly adopted constitution calls for the first election to be held within 90 days of its

### El-Sissi

The general has not yet made a formal announcement. He would have to quit his post as defence minister before launching a campaign for the presidency.

- Under the new constitution, a president can serve a maximum of two four-year terms.

passage, or before the end of April, with the parliamentary polls held before the end of July.

There have been growing calls for el-Sissi to run, with many among Egypt's turmoil-exhausted public saying only a strongman can deal with the country's myriads of problems, like restoring stability and legitimizing the interim government installed after Morsi's ouster.

"The country needs a strong president, more than it needs a parliament or elected lawmakers," said Omar Gamaled-din, a Cairo resident. "This is a good decision."

THE ASSOCIATED PRESS

# Syria peace talks lead to deal for city under siege

## The city of Homs.

Activists say about 800 families are trapped without regular access to food or medicine

Two days of face-to-face peace talks yielded a narrow and tentative agreement Sunday for women and children trapped in a blockaded Syrian city, and the government said President Bashar Assad had no intention



Syrian opposition chief negotiator Hadi Bahra, left, and Louay Safi, spokesman for the Syrian National Coalition, leave a meeting at the European headquarters of the UN in Geneva on Sunday.  
SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS

of giving up "the keys to Damascus."

With little progress to show after months of international pressure for the conference in Geneva, the UN mediator hoping to broker an end to Syria's civil war defended their pace.

"I think being too slow is a better way than going too fast," Lakhdar Brahimi said. "If you run, you may gain one hour

and lose one week."

The limited agreement to let women and children leave a blockaded part of the old city of Homs, under negotiation for at least two days, fell far short of expectations and was called into question by multiple reports of government shelling.

The talks have yet to touch upon the issue of a possible transitional government — their purpose according to

terms laid out when they were first conceived. But the government was unequivocal that Assad's future was assured in the country led by his family since 1970.

In Syria, the war continued as if there were no effort to stop it — gunfire and shelling in Homs, between Assad's forces and rebels, and between the al-Qaida-linked militants and Kurdish fighters, according to the Britain-based Syrian Observatory for Human Rights.

The blockaded districts of Homs came under intense fire that activists blamed on the government, calling into question how any deals reached in remote Switzerland could be implemented or verified in a chaotic civil war with dozens of players that began as a largely peaceful uprising against Assad.

More than 130,000 people have died in less than three years, and millions of Syrians have fled their homes.

THE ASSOCIATED PRESS



## Protester commemorated after dying in Kyiv clashes

Protesters carry a coffin of Mikhail Zhiznevsky, 25, one of two protesters who died of gunshot wounds on Wednesday, during a commemorative service in Kyiv, Ukraine, Sunday. Ukraine's opposition called off a massive rally planned for Sunday because of the funeral for a protester killed in clashes with police last week, underscoring the rising tensions in the country's two-month political crisis. The opposition contends they were shot by police in an area where demonstrators had been throwing rocks and firebombs at riot police for several days. DARKO VOJNOVIC/THE ASSOCIATED PRESS

### Congo

## Explosions kill and wound many

The United Nations peacekeeping mission in Congo says explosions from an arms depot near the diamond-mining hub of Mbuji-Mayi have killed more than 20 people. A UN statement says the explosions injured 50 people.

THE ASSOCIATED PRESS

### Ferry disaster

## Tourist boat sinks off Indian islands

A boat carrying local tourists capsized Sunday in India's Andaman Sea in the Bay of Bengal, killing 21 people, officials said. Thirteen were saved, and rescuers were looking for another 11 people believed to be missing.

THE ASSOCIATED PRESS

### Somalia

## Commander killed by missile

A member of Somali rebel group al-Shabab was killed Sunday by a missile fired by a suspected drone, a rebel commander said, blaming the U.S. for the strike. The attack took place in a village called Hawai, he said.

THE ASSOCIATED PRESS

### Seleka group

## Top rebels flee the CAR

Top members of the rebel coalition loyal to Central African Republic's former president fled the capital under the protection of Chadian peacekeepers Sunday, witnesses said, suggesting the rebels' demise could be imminent.

THE ASSOCIATED PRESS



# Lock your virtual doors and windows



**HOW TO ROLL**  
Alison Griffiths  
metronews.ca

How can I hack thee? Let me count the ways. Actually, the number of hackable devices/technologies and programs is rising so quickly, any list is outdated the moment it's created.

They (the hackers) are now peeking into your always-on nanny cam, taking a trip via your luggage-tracking device and breaking into your home computer locks.

Lest you think this is hyperbole, hobby hacker Amy Webb, head of Webbmedia Group, notes in a recent article, "Our ever-expanding tech playground is mostly unsupervised. There is no playground teacher to blow a whistle when another kid takes control of your Bluetooth headset. There is no Norton Antivirus software for your garage door opener."

Fortunately, most of what

we do is, quite frankly, not worth hacking. Still, when it happens, it's a huge nuisance.

Witness the massive annoyance that resulted after the credit card breaches at Target and Neiman Marcus over the holidays. Cancelling cards, changing pins, passwords and watching account activity carefully has been a royal pain. Last week a Reuters story found at least three other major retailers have been similarly attacked.

And just this week, I had to cancel a credit card because an unidentified merchant site had been "compromised."

While Canadian chip credit cards are more secure than U.S. swipe cards, there are other security concerns — investment accounts, for example. My discount brokerage requires only a simple number-based code for log-in and password. Worse, I am allowed to use the same password for trading and access to the account. Six numbers gets me in and offers the key to trades and transfers.

## Cyber security tips

- Turn off peripherals when not in use, including gaming consoles.
- Use long passwords made up of nonsense sentences with a capital letter and numbers, such as: "myKidhas4noses-1yelloweye&37legs."
- Use a number sequence, not a name, to identify your Wi-Fi network or mobile hotspot.

Most people don't monitor their investments — TFSA, RESP, RRSP, RRIF and non-registered account — regularly. That creates vulnerability. Protect yourself by being aware. Read investment statements monthly.

Avoiding hacking completely is tough, but you can take preventative action.

## Keystone XL pipeline. Money can't buy their land



Ron and Jeanne Crumly, seen on their property in Page, Neb., say they won't allow the Keystone XL pipeline on their land, whatever they're offered. THE CANADIAN PRESS

Cash offers have been skyrocketing, as much as seven-fold, for holdout Nebraska landowners who are willing to sign quickly to allow the Keystone XL pipeline onto their property.

The landowners say they've received written offers from pipeline builder TransCanada Corp. in the last few weeks offering exponentially more money than initially promised, on the condition that they sign soon.

Those offers are pouring in at a pivotal moment for the Canada-U.S. pipeline, whose

proponents hope to start building this year.

One family says it was initially guaranteed \$8,900 US in 2012 to allow the pipeline through its farm. Now, according to an offer sheet dated Jan. 13, 2014, the figure has surged to \$61,977.84 US.

"They're sick of us and they want to get it done," said Jeanne Crumly, a retired high-school teacher whose husband's family has farmed for generations on that land near O'Neill, Neb. "They want it to be intimidating." THE CANADIAN PRESS

## Scientists' warning

### Getting Alberta's oilsands products to U.S. carries risk

U.S. scientists are warning that there are environmental risks, regulatory holes and serious unknowns regarding the shipment of Alberta oilsands products by pipeline, rail and tanker.

Enbridge, the company behind the proposed Northern Gateway pipeline to the British Columbia coast, counters that most of the concerns raised in the report are out-of-date, overstated or are being resolved.

THE CANADIAN PRESS

## Accepting cybercurrency

### Bit by bit, Bitcoin is catching on

Will that be cash, credit card or Bitcoin? A small number of Canadian businesses now accept Bitcoin, the digital currency that made its debut five years ago, and has been gaining momentum ever since.

THE CANADIAN PRESS

SEE NOW, PAY IN 2015<sup>†</sup>

**\$0\$00%**  
payments down interest

**LASIK MD**  
VISION

Starting at \$490 per eye\*  
Book a free consultation at  
1-855-895-2020 or lasikmd.com

**Offer ends soon!**

\*Subject to Desjardins Card Services credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by March 31, 2014. Cannot be combined with any other offer or discount. \*Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

# LET'S CALL IT A SPADE, AND USE IT

It's time to call a spade a spade. Winter in London? It can be a drag. Sure, a trip to a ski hill or a skate at one of the city's rinks can be enjoyable. But day-to-day living? Not so much.

We live in a snowbelt, my friends, and winter never spares the Forest City. This year it got us early, dropping up to 70 centimetres (three months' worth) of snow in some areas during a late November weekend.

Despite the city's large snow-removal arsenal (62 road plows, 25 salter trucks with plows, and 38 sidewalk plows), there were still plenty of snow-filled sidewalks more than 50 hours after the snowstorm. Coun. Paul Hubert suggested the city's operational plan should be reviewed, noting his concern about unplowed sidewalks on major roads like Wonderland Road, Oxford Street and Hyde Park Road. It was a good suggestion, and I wonder if Coun. Hubert has spent much time on sidewalks since. It hasn't been pretty.



URBAN COMPASS

Todd Devlin

[london@metronews.ca](mailto:london@metronews.ca)

Don't get me wrong, I think city workers should be commended for their overall response to November's storm. The hours were long, and it's not easy cleaning up streets to make them safe again. But those sidewalks ...

The problem is we're not talking about an isolated event. Sidewalks around the city are routinely going unplowed for days, leaving pedestrians to struggle from point A to point B. If you've ever tried to catch a bus on one of these roads only to come up drastically short because you're stuck in the snow, you know what I'm talking about.

So what gives? We're lucky, at least in theory, that the city provides widespread snow removal. But there are obviously holes in the system. The

aftermath of November's storm isn't the only time people have been seen walking on the road instead of attempting to trudge through snow-filled sidewalks.

To ask an elderly or disabled individual to attempt this just

isn't right. So what's the solution? I think in those areas which are obviously outside the city's priority (despite being busy roads), the job should be put on the residents. This is the way it's done in many municipalities, after all. A tax break would be in order for those homeowners and businesses taking on snow-shoveling responsibilities, but they would also be subject to a by-law enforcing the clearing of their sidewalks.

For individuals physically incapable of performing the task, there are options. Besides the help of family, friends or neighbours, the city could create a special task force to address these specific cases. Or how about high school students receiving volunteer hours for shoveling sidewalks?

The city does a lot of good things when it comes to snow removal, especially in making our roads safe. But the clearing of sidewalks outside the downtown core leaves a lot to be desired. Here's hoping the issue gets addressed. In the meantime, good luck out there and make sure you arrive early for your bus.

Follow Todd Devlin on  
Twitter @UrbanCompassLdn



## ZOOM

### Pope's symbol of peace snatched



GREGORIO BORGIA/THE ASSOCIATED PRESS



Pope Francis looks at two children as they free doves during the Angelus prayer he celebrated from the window of his studio overlooking St. Peter's Square, at the Vatican Sunday. GREGORIO BORGIA/THE ASSOCIATED PRESS

#### Seagull attacks released dove

Two doves which were freed by children flanking Pope Francis were attacked moments later.

The symbols of peace came under attack at the Vatican. Two white doves were sent fluttering into the air as a peace gesture as tens of thousands of people watched in St. Peter's Square below. After the Pope and the two children left the win-

dows, a seagull and a big black crow quickly swept down, attacking the doves, including one which had briefly perched on a windowsill on a lower floor.

One dove lost some feathers as it broke free of the gull, while the crow pecked repeatedly at the other dove. The doves' fate was not immediately known.

While speaking at the window, Francis appealed for peace to prevail in Ukraine.

THE ASSOCIATED PRESS

#### Clickbait



LUKE SIMCOE  
Metro Online

Now that folks have figured out how to safely jailbreak iOS 7, iPhone users can once again wade into a world of mobile apps that weren't approved by the ghost of Steve Jobs. Here are some of the more popular and useful jail-broken apps. To use them, you'll have to jailbreak your iPhone (instructions can be found on the Internet, but proceed at your own risk) and install the unofficial app store, Cydia.

GETTY IMAGES

#### BatterySafe:

If you're less than satisfied by your iPhone's battery life, try BatterySafe. When your phone gets low on power, BatterySafe automatically turns off power-hungry features like Bluetooth and Wi-Fi.

#### Activator:

This app allows you to create custom gestures and button combinations. For example, you could use the volume rocker to launch an app or create a ges-

ture to send you to your home screen.

#### Board:

An example of the breadth of tweaks available for jail-broken phones, this simple app lets you use the sleek, dark keyboard by default in iOS 7.

#### CCControls:

This handy app lets you customize iOS 7's new control centre, letting you change the look and feel as well as add other toggles.

#### Twitter

@metropicks asked: A teen takes control of a plane after the pilot faints. What would be your reaction in this situation?

@DariaTuhtar: To quote Carrie Underwood: "Jesus, take the wheel."

@TaraEWilkins: I'd like to think I'd do the same but I'd probably have a panic attack and throw up. Sadly, it wouldn't be the first time I've done that either...

@notmattdaubs: I would try to chan-

nel the ghost of Leslie Nielsen.

@edmontongue: i would dirty my pants

@KashifMasudAwan: I would announce: do we have any working pilots on plane, lol

@Canucklehead\_ca: Clearly take advantage of the distraction to commandeer the bar cart.

@nightowlinc: Put my head between my legs and kiss my ass goodbye.

#### WE WANT TO HEAR FROM YOU:

Send us your comments: [londonletters@metronews.ca](mailto:londonletters@metronews.ca)



# Beyoncé and Jay-Z kick off Grammys



Beyoncé and Jay-Z opened up the awards with their first Grammy performance together in years. ALL PHOTOS GETTY IMAGES

**Drunk in Love.** Drake is apparently the best they never had as he is effectively shut out, meanwhile Bieber is butt of jokes

Power couple Beyoncé and Jay-Z opened the 56th Grammy Awards with a steamy performance of the pop diva's new single *Drunk in Love*.

Jay-Z went into the night with a leading nine nominations but watched as break-out Seattle duo Macklemore & Ryan Lewis claimed three

awards during the pre-telecast, including best rap album, song and performance.

As of press time, the duo also held nominations for song and album of the year and had a performance scheduled for later in the evening — featuring a rumoured appearance from Madonna.

Daft Punk won two awards while Rihanna, Alicia Keys and Adele were also early winners.

Other performances were yet to come from Kendrick Lamar and Imagine Dragons, Daft Punk featuring Stevie Wonder and Pharrell Williams, and Nine Inch Nails

with Queens of the Stone Age.

The other album of the year nominees are Lamar, Daft Punk, Taylor Swift and Sara Bareilles.

While Drake went home empty-handed in the pre-telecast, he technically still held a nomination for album of the year for his featured role on Lamar's *Good Kid, M.A.A.D. City*. The news was better for Canadians Michael Bublé — who won his fourth career trophy for best traditional pop vocal album but didn't attend the ceremony.

Kathy Griffin didn't waste any time taking it bawdy after winning her first com-

## Online

For more coverage and a complete list of winners, visit [metronews.ca](http://metronews.ca)



## Red carpet hotties



Taylor Swift, looking sensational in silver.

Pharrell's Grammy look has been compared to everything from Mountie headgear to the Arby's logo.



Madonna and her son David, in a throwback to her *Open Your Heart* video, with a bit of a nod to the late, great MJ.

edy album Grammy Award.

She thanked the recently arrested Justin Bieber, joking, "I want to thank Justin Bieber for giving me his relax juice," then made a reference to Bieber's private parts.

"I've never made my 93-year-old alcoholic mother more proud," she added.

THE CANADIAN PRESS

# 2 SCENE

## Public Auction

Storage-Mart #3002 1020 Wonderland Rd. S, London, ON | Friday, February 21, 2014 @ 10:45 am  
Units: 1231 A. Tirolese, 2282 J. Grant, 2305 R. George

Storage-Mart #3003 665 Adelaide St. N, London, ON | Friday, February 21, 2014 @ 10:00  
Units: 0434D C.McGuire, 0627F W. Bullet, 1208A S. Reid

Storage-Mart #3004 155 South Edgeware Rd, St. Thomas, ON | Friday, February 21, 2014 @ 12:00 pm  
Units: 318 R. Kuhn, 908 R. Kuhn

Storage-Mart #3037 597 John St. N, Aylmer, ON | Friday, February 21, 2014 @ 1:00pm  
Units: 112 D. Ansems, 220 V. Ostrander, 604 M. Gilbert

According to the Lease by and between the customers listed above and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage units, the Manager has cut the lock on their Unit(s). Upon a cursory inspection the units were found to contain: household goods, furniture, appliances, sports equipment, boxes and totes, tools, and small appliances. Items will be sold or otherwise disposed of at this site on dates and at approximate times listed by the addresses above to satisfy owner lien in accordance with the provincial statutes. Terms of the sale are cash only. No checks will be accepted. All goods are sold in "as is" condition. Tax must be paid or resale numbers furnished. Buyers must provide own lock if needed. Seller reserves the right to overbid. All items or spaces may not be available on date of sale.

AS SEEN ON YOUTUBE:  
Jeremy presents

## MAGIC MALE REVUE

Monday Feb. 17th

at the Beef Baron 624 York st. London  
(519) 672-3430

Don't wait in line,  
**BUY YOUR TICKETS  
IN ADVANCE!**

Doors open at 9pm. \$20 advance tickets

Get your tickets online at [www.wantickets.com/beefbaron](http://www.wantickets.com/beefbaron)  
Tickets are also available at Beef Baron

[www.niagaramalestripper.com](http://www.niagaramalestripper.com)



## Dreams do come true with this offer.

Book a Disney package today with WestJet Vacations.



### Play, stay, dine and save up to \$690\*

When you book a 5 to 14 night vacation package at select *Walt Disney World Resort* hotels, that includes *Magic Your Way* Tickets and a Disney dining plan. ^

Book by February 22, 2014 for travel between January 5 – April 12, 2014.

To book your vacation package visit [westjetvacations.com](http://westjetvacations.com) or call your travel agent.

Walt Disney World Resort  
IN FLORIDA

WESTJET  
vacations

Book by February 22, 2014 (11:59 p.m. MT) for travel from January 5, 2014 until April 12, 2014. \*Advertised savings amount is calculated based on a 7-night package with a deluxe hotel, dining and Theme Park Tickets for a family of 2 adults and 2 kids. Savings will vary based on travel date, hotel category and length of stay. Requires a minimum 5-nights and maximum of 14-nights stay at select *Walt Disney World Resorts*. Within the "Hotels" booking step the "Promotion Dining Plan included" room type must be chosen along with *Magic Your Way* Tickets for all guests. You are required to select the FREE Dining option within the "Meal Plan" selection. \*Guests may upgrade from a *Disney Quick-Service Dining Plan* to a *Disney Dining Plan* or the *Disney Deluxe Dining Plan* for an additional charge. Dining plan excludes gratuities and alcoholic beverages. Children ages 3-9 must order from children's menu if available. Meals for guests ages 3-9 may not be used by persons ages 10 and up. Some Table-Service restaurants may have limited or no availability at time of package purchase. Guests can call 407-WDW-DINE to make reservations up to 180 days prior to their visit. The duration of the plan must coincide with the number of nights of the room reservation. Additional per adult charges apply if more than two adults per room. *Disney's Magical Express* transfers are included from the Orlando International Airport to the *Walt Disney World Resort*. Advance booking required. Non-refundable and non-transferable. This offer may not be combined with other discounts or promotions. Offer limited and subject to availability. Offer subject to change and expiry without notice. New bookings only. Other restrictions may apply. A fuel surcharge applies to Air Miles™ redemption bookings. As to Disney artwork, logos and properties: ©Disney. **Ontario travel agents are covered by TICO.** Mailing address: 6085 Midfield Road, Toronto ON L5P 1A2. TICO registration number: 50018683.

# And that's a wrap for the Sundance film fest

## Festival highlights.

This year's edition of the Park City fest was overflowing with exciting indie fare

Most viewers see desperation when Steve Buscemi buries a briefcase full of cash in a snow-drift in *Fargo*, the 1996 Coen Bros. fictional crime satire.

Not 29-year-old Kumiko (Rinko Kikuchi), the sad dreamer of *Kumiko, The Treasure Hunter*. She sees opportunity, a chance to reboot her dull life as a Tokyo office tea server by finding the fortune she's certain lies waiting for her in America. She repeatedly watches a faded VHS copy of *Fargo*, searching for clues and planning an expedition. She calls herself a modern version of the Spanish Conquistadors, who sought gold in the New World.

Kumiko's unique vision makes for humour and pathos in David Zellner's film, one of the standouts at the 2014 edition of the Sundance Film Festival in Park City, Utah, which ended Sunday.

Film festivals pride themselves on presenting unusual viewpoints. But Sundance 2014 was particularly adept at this, premiering exciting works by indie filmmakers that subverted expectations and genre formulae.

This began right from Day 1, Jan. 16, with Damien Chazelle's *Whiplash*, the story of a promising 19-year-old drummer (Miles Teller), whose aspirations to be the next Buddy Rich are put to the test by a despotic music teacher (J.K. Simmons). What



Boyhood was 12 years in the making. CONTRIBUTED

could have been just another coming-of-age saga becomes something altogether superior as both main characters confront the elusive concept of what it means to achieve something beyond the ordinary.

An abundance of quirk is another feature of fests like Sundance and at first blush it looked like Lenny Abrahamson's *Frank* would be Exhibit A for the prosecution. It stars Michael Fassbender as the gifted yet weirdly demanding leader of an avant-garde rock band, who insists on wearing a giant plastic head at all times. Domhnall Gleeson plays a song-writing wannabe who joins the band.

And last Sunday night at the Eccles Theatre, the largest Sundance venue, was the

world premiere of Richard Linklater's *Boyhood*. Twelve years in the making and running the better part of three hours, the film follows the boy-to-adult transitions of a Texas lad named Mason, played by Ellar Coltrane, who was just 6 years old when filming began in 2002. *Boyhood* follows the highs, lows and in-betweens of Mason's life with his family and estranged parents, played by Ethan Hawke and Patricia Arquette. The main characters all had to commit to filming for several days during each of the 12 years Linklater was making the film. It's remarkable enough to see Coltrane age before our astonished peepers, but Linklater makes it even more of a trip by eschewing standard date indicators. We're swept up in the organic flow of life, in a film that ranks as the highlight of Sundance 2014.

Ira Sachs' well-received *Love Is Strange* also went for the unexpected in its story of aging New York gay couple Ben and George, played by John Lithgow and Alfred Molina, who suddenly lose their home, comforts and dignity.

After 39 years together, they take advantage of New York's new embrace of gay marriage to tie the knot. This greatly pleases them, but not the anti-gay hierarchy of the Roman Catholic school where George teaches.

George loses his job, and the resulting loss of income forces the newlyweds to move

## Canadians rule at Slamdance

Down the road at the rival Slamdance Film Festival, Canadian filmmakers were making a big impression this year, especially when it came time to hand out prizes. There were four Canuck winners, two features and two shorts: Mark Raso's road-trip dramedy *Copenhagen* took the Audience Award for Narrative Feature; Matthew Bauckman's and Jaret Beliveau's superhero wannabe doc *Elliot* took the Jury Award for Documentary Feature; Ian Lagarde's cusp-of-adolescence short *Daybreak* won the Jury Award for Narrative Short; and Simon Mercer's rural mind trip *Glass Eyes of Locust Bayou* took the Jury Award for Documentary Short.

out of their beloved apartment and into the homes of family and friends, who begin to feel crowded.

Many directors would have made this a human rights story and the issue is there, but Sachs prefers to paint an unforgettable portrait of the sense of loss we all feel when we are obliged to move into unfamiliar and uncomfortable surroundings. The disorientation of dislocation is also very much a part of *The Overlanders*, a documentary by Jesse Moss that was one of the strongest true-life films at Sundance 2014.

TORSTAR NEWS SERVICE



**Have you been diagnosed with Fibromyalgia or do you have unresolved muscle or nerve pain?**

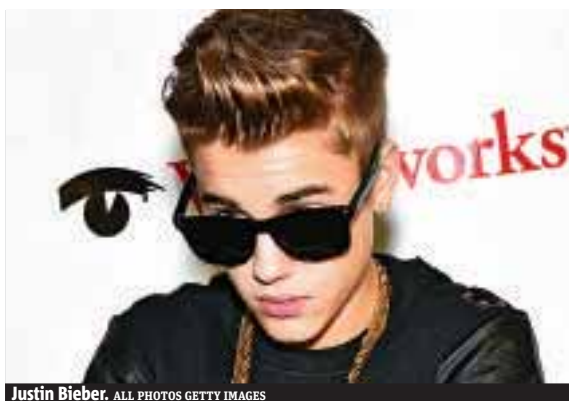
Join a clinical research trial to evaluate the effectiveness of a new investigational natural health product.

Contact KGK Synergize Clinic:  
519-858-8359  
clinic@kgksynergize.com  
www.kgkclinic.com

Call us to see if you qualify!  
Compensation up to \$100.00

KGK synergize





Justin Bieber. ALL PHOTOS GETTY IMAGES

## Justin's ex-housekeeper no longer a Belieber

He may be out of jail, but Justin Bieber isn't out of the woods just yet. In fact, a former housekeeper is worried it's all downhill from here. "I'm terrified he'll become the next Michael Jackson. If he doesn't act now I will hear one day that he has passed away. It is heartbreaking," Tatiana Voziouk tells Britain's Sunday People. "The drugs and hangers-on are turning Justin into a zombie." Voziouk, who began working for Bieber in 2012 and was recently let go, says she wit-

nessed plenty of prescription drugs, marijuana and other substances on the premises. "I was always picking up joint butts and stubs from the kitchen, lounge and pool area where they had been thrown," she says, adding that she'd voiced concerns about Bieber's decline to his mother and manager, but to no avail. "Justin was once a sweetheart — kind, considerate and a talented boy, and now I am concerned for him," she says. "He's now a lost boy."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### Pop goes the week

## Thanks for the mental images Jen and Ben!



STARGAZING  
Malene Arpe  
scene@metronews.ca

Jennifer Lawrence talks "armpit vagina" at the SAG Awards and Ben Affleck jokes about his penis size at the PGA Awards. They were both immediately nominated for the TMI Awards.

Bachelor Juan Pablo Galavis says that a gay version of The Bachelor would be perverted and could harm children. Then he goes back to groping drunken strangers in hot tubs for



money while talking about his daughter.

This week in stripping. 1) Magic Mike's Joe Manganiello is considering becoming a partner in a male strip club. 2) Justin Bieber spends some \$75,000 US at a Miami strip club. 3) Mark Ruffalo says that he really wants to do a stand-alone Hulk movie.

Katy Perry says that she fervently prayed for really big boobs when she was a kid. Well, I for one have just been miraculously cured of my atheism.



John Mayer

## Go forth Mayer, you have Aniston's blessing

John Mayer doesn't need to worry about any residual anger from ex-girlfriend Jennifer Aniston when it comes to his blossoming romance with Katy Perry, according to Radar Online. "Jen and John have stayed friends. They're not super-close at the moment, but Jen has said she likes the John-Katy pairing a lot and wants to see them

start a family together," a source says. "Of course, Jen is in such a good place with her own relationship that she can get away with being magnanimous. But when she was single, she didn't want to hear a thing about John's hook-ups, and to his credit he kept his personal life pretty low-key for the two years after they broke up."

► Max out your TFSA contribution, not your credit card.

**Get a \$25 Bonus\*** when you become a new ING DIRECT Client and open a TFSA. Plus get a special **2.50% interest rate\*\*** on balances until April 30, 2014.

ingdirect.ca

ING DIRECT  
forward banking™



ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license. <sup>TM</sup> forward banking is a trademark of ING Bank of Canada. \*Offer valid from January 1, 2014 to March 31, 2014 for New Clients joining ING DIRECT with TFSA as First Product. Client must activate their TFSA Account and deposit their minimum initial deposit of \$100 within 30 days of enrolment. Limit of one Bonus per person. May not be combined with any other offer. ING DIRECT will open a companion Investment Savings Account and deposit the Bonus there within 30 days of funding. \*\* Registered rate of 2.50% is available between January 1, 2014 and April 30, 2014 on all net new deposits made between January 1, 2014 and March 31, 2014 to qualifying Tax-Free Investment Savings Account (TFSA). Interest is calculated daily and paid monthly. Rates, like the weather, are subject to change. For full details visit [ingdirect.ca/maxout](http://ingdirect.ca/maxout).

## Book excerpt

Go ahead, teen,  
make my day

What teenager ever wanted to do something that their parents are allowing them to do? I decided there are a few things we should give our teenagers "permission" to actually do:

- Smirking and eye-rolling are Pediatric Association-approved methods ... of improving connectivity to the part of the brain that controls trigonometry. Carry on!
- Don't speak with clarity and respect. Grunting with an air of condescension and annoyance can actually soothe the vocal chords.
- Get at least eight hours of

screen time per day. Continued exposure to alternative methods of entertainment, such as street hockey, swimming, cycling, and running, can result in unsightly muscles and toned legs, and take away from the challenge of piercing a particularly thick area in the midsection.

- Sleep only during daylight hours. Prolonged exposure to sunlight makes you more

attractive to the opposite sex ... who will just get in the way of fitting in your eight hours of screen time.

Once they have permission, these acts will suffer from omission, in my experience. **EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, MCCLELLAND & STEWART, 2013. AVAILABLE AT BOOKSTORES EVERYWHERE.**

## Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book *Reasons Mommy Drinks*, at [metronews.ca/voices](http://metronews.ca/voices).

# Hide the iPad, lie about fast food

**Parenting.** The small deceptions and hidden vices of raising kids

Mom Shannon McCormick loves fruits and vegetables and wants to pass that on to her four-year-old, but her resolve is tested when she encounters her nemesis: the tomato.

"Tomatoes are my kryptonite. My daughter loves them and I don't want to even suggest that they're anything less than delicious," said McCormick, in Columbus, Ohio.

That's why she choked down a chunk when her child stabbed it with a fork and held it to her lips a few months back.

"I just sat there and looked at her and thought, 'Well, I just have to do this,'" McCormick recalled. "I swallowed it whole."

Kids, parents are people, too. Remember that when you're older and learn of all the little things yours hid from you. Absent serious crimes and misdemeanours, you'll live to tell about it. Consider such moments great family stories and decide for yourselves whether you want to carry on the time-honoured tradition of hidden vices and small deceptions in parenting.

"I've been hiding Twinkies under the front car seat since my first kid was in diapers," said Genevieve West, a stay-at-



Shannon McCormick, left, cutting up a tomato for her four-year-old daughter Sophie Chapman. Although not fond of tomatoes, McCormick keeps that fact from her daughter, who loves them. ROBERT LEITCH, THE MEDIA SOURCE/ THE ASSOCIATED PRESS

home mom of three in Portland, Ore. "Now that she's 12, my husband and I hide all evidence of our Starbucks trips or Thai takeout so we don't suffer her wrath."

Fast food was also a problem for Katrina Olson in Urbana, Ill.

"My husband abhors it, so when our girls were toddlers and wanted to go to McDonald's, we told them it was closed for cleaning on Tuesdays

or Thursdays, or whatever day it happened to be. It worked for several years," she said.

Elisabeth Wilkins in Portland, Maine, is the editor of *Empoweringparents.com*, dedicated to helping parents change kids' questionable behaviour. But Wilkins is also something else: a third-generation chocolate hider, on the matriarchal side. "My brother and I would find it in the coat closet or the

back of the freezer," she said.

Her son is now 11 and inherited that sensitive chocolate nose. "Sometimes I go into the bedroom and shut the door for, like, a half-hour and have a little bit of chocolate, then I'll go rinse my mouth out. Seriously. You feel responsible. You don't want to teach them bad habits. You don't want to teach them your bad habits," she said.

Eli Federman in Miami

## Quoted

**"You don't want to teach them bad habits. You don't want to teach them your bad habits."**

Elisabeth Wilkins, mom of two who hides her love of chocolate from her kids by eating it in her bedroom

Beach, Fla., understands. He's the senior vice-president and co-founder of an online startup that offers flash sales on electronics, but he and his wife quickly realized that handing over an iPad to their daughter before she hit her second birthday was a mistake.

"She was always attracted to the iPhone. When she was around 1 we bought her the mini iPad. We thought because of the kids games that are on there, and because of the learning apps, she could interact," he said.

And interact she did. "It just got so out of control. Even when she went to sleep she would request it. She'd be in the crib shaking the crib going, 'iPad, iPad, iPad.' She refused to go to sleep without it. There was no moderation. We were, like, we have to get rid of this, but we wanted it for ourselves, so we lock it in the chemical cabinet and wait to use it when she's sleeping or we're out or something," he said.

THE ASSOCIATED PRESS

## Internet through kid eyes

A survey of more than 5,400 Canadian kids in grades 4 through 11 found a majority had their own cellphone, while almost one in four of the youngest kids had a mobile device.

The non-profit organization MediaSmarts worked with schools and parents in each province and territory to conduct the survey, which asked kids a few dozen questions about their Internet usage.

It wasn't surprising that nearly 90 per cent of the old-

est students have their own cellphone, said MediaSmarts director of education Matthew Johnson.

But it was eye-opening for him to learn that about a quarter of nine- and 10-year-old students had their own device.

"The numbers were definitely higher than we expected at the younger end," said Johnson. "The surprise is definitely in those early three grades (four through six)."

Another surprising finding was how differently boys and

girls viewed Internet safety.

"Girls are more likely to agree that 'the Internet is a dangerous place' for them and in general, experience the Internet and the online world as a much more hostile and worrying place," he said.

About 82 per cent of the girls and 63 per cent of the boys surveyed agreed when asked if they thought they could be hurt by online strangers, while 51 per cent of the girls and 61 per cent of the boys said they considered the



Internet safe.

When asked if they're with an adult while using the Internet, 80 per cent said either rarely or never. Among the Grade 4 kids, 30 per cent said usually, 45 per cent said rarely

and 20 per cent said never.

"The fact that one in five of the youngest students in this study are saying they're never supervised by an adult ... is definitely worrying," Johnson said. THE CANADIAN PRESS



# From the roots up: Beef Barley Soup gets earthy



**ROSE REISMAN**  
For more, visit  
rosereisman.com or  
follow her on twitter  
@rosereisman

Beef barley soup is the most comforting soup you can eat during the winter months.

Traditionally it is a classic soup made with stewing beef, carrots, celery, onion and tomatoes.

But in my version I have used root vegetables, which make all the difference. I also love it because it's a one-pot meal. You have protein, vegetables and grains.

Stewing beef is one of the leanest meats you can buy, but it is not as tender. That is why you tenderize the beef by adding it to a simmering soup. You want large cuts of meat from either the front shoulder or the rear end such as chuck, bottom round, pot roast or top round.

Barley has a rich nut-like flavor and a tasty, chewy pasta-like consistency. It is a good complex carbohydrate loaded with fiber, manganese and selenium.

Feel free to experiment with other root vegetables of your choice. This type of vegetable is also great as hearty side dishes or vegetarian mains. A good mixture of root vegetables always works because they pair so nicely, but putting the spotlight on sweet potatoes, for example, will also please everyone at your table.

The soup can be made two days in advance. All you'll have to do is add more stock when reheating. It also freezes well and is great for leftovers with a thick slice of bread.

## Directions

**1.** Dust the beef with flour. In a large skillet sprayed with

vegetable oil, sear the beef just until browned on all sides (about 3 minutes). Set aside.

**2.** In a large saucepan, add the oil and sauté the onions with the garlic over medium heat for 5 minutes. Add the mushrooms and sauté for 5 minutes or until no longer wet. Add the potatoes, sweet potatoes, parsnips, beef stock and barley, cover and simmer for 25 minutes or until the beef is tender and

## FLASH FOOD



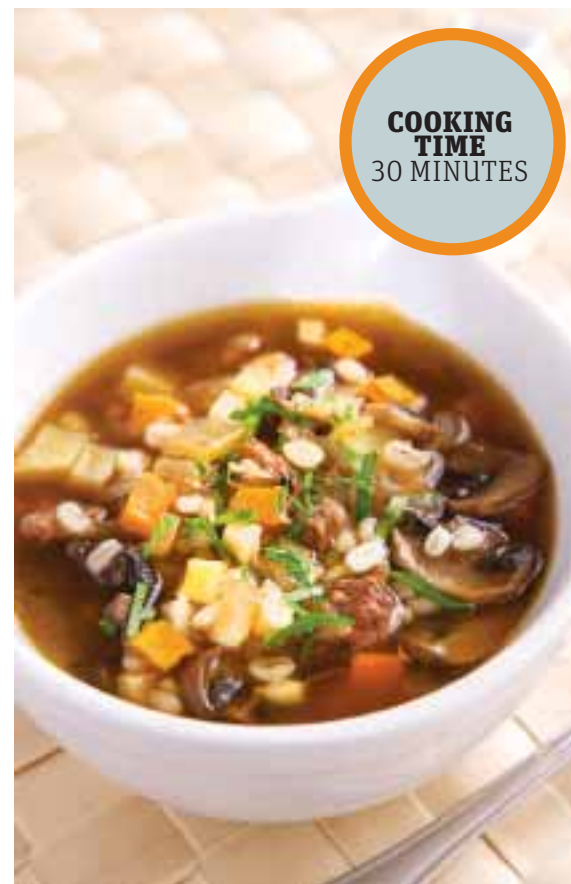
From your stove  
to your table in  
30 minutes or less

the barley is cooked. Add the Worcestershire sauce and salt and pepper.

**3.** Ladle into individual bowls and garnish with parsley. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

## Ingredients

- 8 oz stewing beef, cut into small cubes
- 2 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups diced onions
- 2 tsp crushed garlic
- 2 cups sliced button mushrooms
- 3/4 cup diced potato
- 3/4 cup diced sweet potato
- 3/4 cup diced parsnip
- 4 cups low-sodium beef stock
- 1/4 cup pearl barley
- 1 tbsp Worcestershire sauce
- pinch of salt and pepper
- 1/4 cup chopped parsley



**COOKING  
TIME  
30 MINUTES**

This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

# The tortilla treatment



This Chicken Tortilla Soup recipe serves six. THE CANADIAN PRESS

**1.** In a large saucepan, heat oil over medium heat; add onion and cook until softened, about 3 minutes. Add red and jalapeno peppers; cook for 5 minutes, stirring often. Stir in garlic, cumin, oregano and chili powder; cook for 2 minutes, stirring often.

**2.** Stir in tomatoes and broth; bring to a boil. Reduce heat, cover and simmer for 20 minutes.

**3.** Stir in chicken and corn; simmer, covered, until corn is tender, about 2 minutes.

**4.** Just before serving, stir in lime juice, sugar, salt and pepper. Ladle into bowls and

garnish with coriander and corn chips. **THE CANADIAN PRESS/FOODLAND ONTARIO**

## Ingredients

- 30 ml (2 tbsp) vegetable oil
- 1 onion, chopped
- 1 sweet red pepper, diced
- 1 jalapeno pepper, seeded and minced
- 2 cloves garlic, minced
- 5 ml (1 tsp) each ground cumin, dried oregano and chili powder
- 3 plum tomatoes, peeled and chopped
- 1.5 l (6 cups) sodium-reduced chicken broth
- 500 ml (2 cups) diced or shredded cooked chicken
- 250 ml (1 cup) corn kernels
- 30 ml (2 tbsp) fresh lime juice
- Pinch granulated sugar
- Salt and pepper, to taste
- 30 ml (2 tbsp) chopped fresh coriander
- Small corn chips



People from normal childhoods with normal lives don't end up homeless. Dave disagrees.

( Dave, in shelters for 12 years )



HOMELESSNESS CAN HAPPEN TO ANYONE. VISIT RAISING.THE.ROOF.ORG TO HELP.





# Be real when tackling your study distractions

## Killing habits entirely is ambitious.

Switching locations, going for a walk or moving to your favourite song can help break up a long session and make it more tolerable and fun

VICKI  
SALEMI

Metro World News

Twitter, Angry Birds and intramural volleyball, oh my! Distractions have never been so ubiquitous on college campuses.

This college generation is "wired for and thrives on a constant interrupt cycle," says Caroline L. Arnold, author of *Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently*.

But trying to shut down all of the interruptions to eliminate distractions may actually be counterproductive. Instead, students need

to learn to manage distractions differently.

Arnold, managing director at a leading investment banking firm, recommends limiting the duration, frequency and type of interruptions by making small changes, instead of overhauling habits completely.

Students should examine their own distraction patterns to find the "microresolutions" most likely to have a positive impact on study habits. "A microresolution must be easy, specific and measurable to succeed," Arnold advises.

For instance, Arnold recommends taking a 10-minute walk every two hours. "The walk will refresh your head with a change of scenery, exerting physical energy," she says. Plus, walking is meditative and good for problem-solving.

Another option is taking a short break to get your groove on. "Getting up to dance to a couple of numbers every hour is also a great body/brain refresher,"

### Tips for success

- **Location, location, location.** Change your study location every hour. New research shows that moving locations — even from the desk to the bed or from the bed to kitchen — helps keep thinking sharp.

- **See research through.** Stick to your task online when performing research. Getting sidetracked is inevitable — if you let it. "If you are looking up the year the British quit India, carry through your search with single-minded purpose," Arnold says. Only allow a distraction after that task has been completed.

- **Phone cravings.** Turn off your smartphone for 15 minutes every hour and see how it affects your productivity.

Arnold says.

Another self-imposed behavior includes watching the clock regarding social media. One "like" here, one comment there, the next



Make a five-minute-per-hour social media pact with yourself before studying and stick to it. These mini breaks will actually help break up your study load. ISTOCK

thing you know an entire hour has vanished. Arnold recommends limiting social media to five minutes per session. "Distracting yourself with social media and/or gaming apps actually could help break study im-

passes and stimulate new thoughts," she says. So instead of eliminating social media altogether, Arnold suggests making a pact prior to starting digging into work to determine the length of the break and how many

breaks you'll give yourself each hour. "Commit yourself to living within those limits," she says. "The limits will actually help you enjoy your breaks more, because they won't feel furtive and guilty."



**Take Charge Of Your Career!**  
**Start 2014 With A New Career In Accounting.**



**Why Westervelt's Business Accounting program?**  
 Earn 80% of the credits needed for the registered Public Accountant Designation // Be employment ready in only 12 months //  
 Westervelt's extensive employer network // Guaranteed lifetime career services now & 25 years down the road! // Save money - FREE Student Parking //

**Classes start February 24! Call 519.668.2000 or [www.westerveltcollege.com](http://www.westerveltcollege.com) to get more information.**

**397**  
Graduates Hired  
in 2012/2013!  
(all programs)

**You could WIN**  
**a trip to NYC to attend the**  
**WORLD PREMIERE of**



**WINTER'S TALE**

**PRIZE INCLUDES:**

- Roundtrip airfare for two
- Two nights stay in a luxurious hotel
- Two tickets to the World Premiere on February 11th

**Visit**  
**club**  
**metro**  
**.COM**  
**TO ENTER**

**You could also WIN**  
**tickets to see the movie!**

No purchase necessary. Contest open to residents of Canada excluding Quebec, who have reached the age of majority (18) or older. Odds of winner depends on the number of eligible entries received. There is one (1) grand prize to be won across Canada, consisting of a trip for two (2) to the world premiere in New York, NY. There are ten (10) secondary prizes to be won in each market, consisting of a pass for two to see "Winter's Tale". Skill testing question required. Contest closes February 3, 2014 at 11:59pm. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com.



# Richardson ratchets up drama in Lightning win

**NBL Canada.** Ex-NBAer's club impresses before record home crowd



**DAVE LANGFORD**  
dave.langford@metronews.ca

"All the world's a stage," Shakespeare wrote in his play *As You Like It*.

On Sunday, London Lightning head coach Micheal Ray Richardson played the part of director, waving his arms, encouraging the record crowd of 7,393 to stand and show their appreciation. This was his stage and the game was his play.

Ever the showman, it's evident how seriously he takes each game.

"I wanted them to show the appreciation to the players for their hard work in coming back," Richardson said after the game. "This was a hell of a game. A great game of basketball, great game for the fans."

Down by 12 early and nine at the half, the Lightning came back to beat the Brampton A's 114-108 and moved into a virtual second-place tie with the A's. It was their second win of the weekend, after defeating Mississauga 117-110 on Saturday night in Mississauga.

This was on the heels of a four-game losing streak, making the two-win weekend life and death in some circles.

The game Sunday had all the drama of a Shakespearean

On Sunday	
114	108
Lightning	A's

play with the lead changing hands 15 times and the score tied five teams. London trailed for most of two full quarters of play.

Richardson said the crowd played a huge part in the comeback and the win.

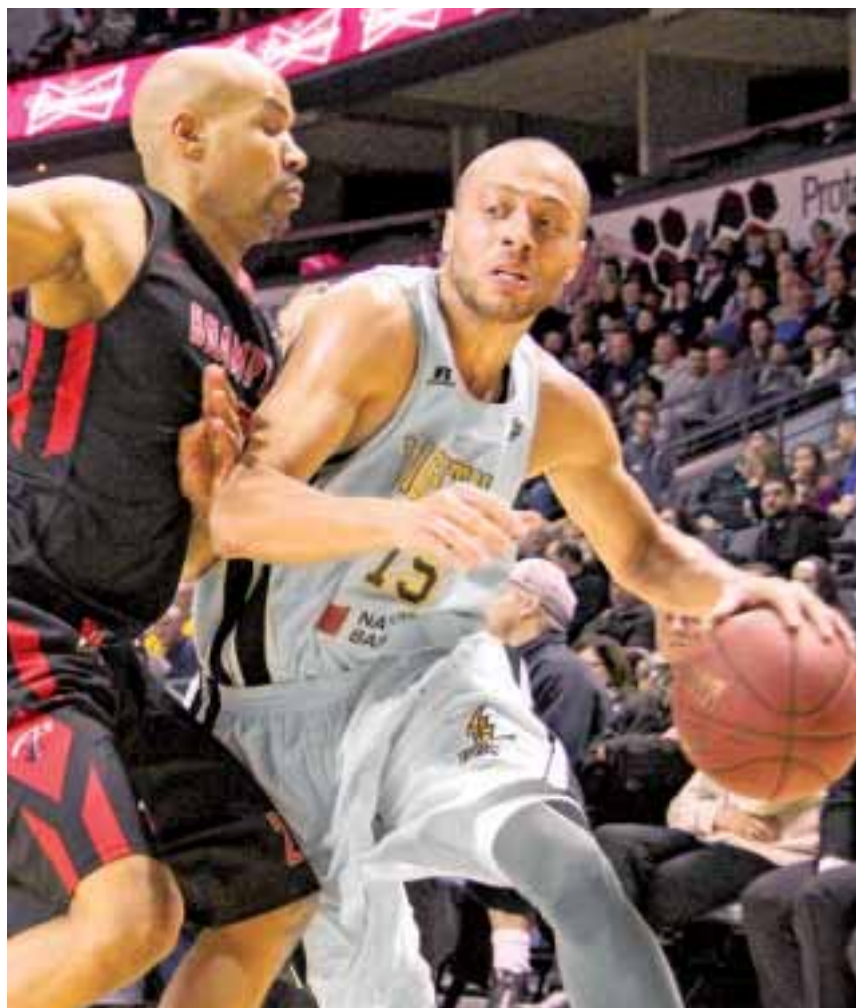
"The crowd was huge. That's what it's all about. If we're going to win a third championship, they're going to be huge for us."

Tony Bennett was the scoring star for the Lightning with 28 points and Garrett Williamson had 24, oddly split between 19 free throws and five points from the floor in 12 shots. Cavell Johnson led the A's with 27 points.

Williamson said the game Sunday was a "gut check" for the team.

"Down nine at halftime, you can either strap it on and man up and come out and get the win in the second half or you can quit," Williamson said.

On Saturday night, Williamson had 25 points and seven rebounds. The Lightning play Monday in Ottawa against the SkyHawks ahead of a nine-day break before they get back to work against the Windsor Express on Feb. 6.



The Lightning's Garrett Williamson drives to the basket against the Brampton A's on Sunday at Budweiser Gardens.  
ANGELA MULLINS/METRO

## OHL. Smith helps Knights turn it around since coming from Owen Sound



Trade deadline acquisition Gemel Smith broke through with four points for the Knights on the weekend after a slow start since coming over from Owen Sound. COURTESY OHL IMAGES

The Nightmare is over for the London Knights.

The world junior returnees are back on track, the new kid is finding the net, the backup goalie is making big-time saves and all is good, once again, in London's OHL universe.

After losing five of six games, the Knights rebounded with back-to-back victories on Friday and Saturday night at Budweiser Gardens.

First, it was an 8-1 mauling of the Sarnia Sting on Friday and then a 6-1 victory over the Kitchener Rangers on Saturday night.

While everyone expected world junior stalwarts Bo Horvat, Josh Anderson and Nikita

Zadorov to get back on track, they were getting somewhat concerned about forward Gemel Smith, acquired at the deadline from Owen Sound Attack.

After gathering only two points in his first six games, Smith had a goal and three assists on the weekend. Smith said a "huge weight" was lifted off his shoulders.

"Usually, I'm used to making the plays in Owen Sound. Now I'm playing with a lot of great guys so I just try to go the net, put my stick down and they find me," Smith said.

On Saturday, Matt Rupert, Nikita Zadorov, Bo Horvat, Ryan Rupert, Brett Welychka

and Josh Anderson scored for the Knights.

New captain Chris Tierney scored twice for the Knights on Saturday night. Ryan Rupert, Michael McCarron, Anderson, Zadorov, Welychka and Smith scored for the Knights who outshot the Sting 56-22.

Jake Patterson, filling in for starting goalie Anthony Stolarz who is out four weeks with a leg injury, made 60 saves on 62 shots in the two games, including 39 of 40, many of them of the difficult variety, against Kitchener.

The Knights play in North Bay, Sudbury and Barrie on consecutive nights, beginning Thursday. DAVE LANGFORD/METRO



## NBA

## Heat on top again in Finals rematch

Chris Bosh scored 24 points on 9-for-10 shooting, LeBron James added 18 points and the Miami Heat rolled past the San Antonio Spurs 113-101 on Sunday in an NBA Finals rematch from last season.

THE ASSOCIATED PRESS

## PGA

## Stallings breaks free from pack on final hole for win

In a tournament that was up for grabs, Scott Stallings hit a 4-iron worthy of a winner Sunday in the Farmers Insurance Open.

Stallings was in a five-way tie for the lead when

he hit his second shot on the par-5 18th hole as hard as he could. It was enough to barely clear the water, and he took two putts from 40 feet for birdie and a 4-under 68 at Torrey Pines.

That was enough for a one-shot victory when no one could catch him.

Graham DeLaet of Weyburn, Sask., made birdie on the last hole to tie for second. THE ASSOCIATED PRESS



Scott Stallings earned his third PGA Tour victory at the Farmers Insurance Open on Sunday. GETTY IMAGES

## NFL

## Manning says he's not ready to ride off into sunset

Peyton Manning might not be ready to call it a career even if he leads the Denver Broncos to a Super Bowl victory over the Seattle Seahawks.

Manning and the AFC

champion Broncos arrived in New Jersey on Sunday night for the start of preparations for the big game next week at MetLife Stadium.

The Broncos quarterback, at a news conference aboard the Cornucopia Majesty cruise ship, says he has no plans beyond next Sunday's Super Bowl, but adds that as of now, he "certainly" wants to continue playing. THE ASSOCIATED PRESS

# Rangers hit one out of the park

## NHL. Blueshirts channel Yankees in second-period barrage to down Devils in Stadium Series game

After sun reflecting off the ice delayed the first hockey game at Yankee Stadium, the New York Rangers and pinstriped goalie Henrik Lundqvist beat the New Jersey Devils 7-3 in snow and cold Sunday.

Rick Nash scored for the fifth straight game, and the New York Rangers used a four-goal second period to take the lead for good.

The Devils led 1-0 and 3-1 in the first, but New York got within one before intermission and then swarmed future Hall of Fame goalie Martin Brodeur.

After Dominic Moore and Marc Staal had goals in the first for the Rangers, Mats Zuccarello scored two straight to put New York ahead for the first time. Carl Hagelin and Nash found the net, too, behind the beleaguered Brodeur, who angrily swatted the puck away after one of the tallies.

Nash has seven goals in his streak and 18 this season.

A day after the Los Angeles Kings and Anaheim Ducks played in 15 C weather at Dodger Stadium, the NHL returned to conditions more fitting for hockey.

Lundqvist, who sported stylish pinstriped pads for the occasion, stumbled through a difficult first but settled down and made 19 saves.

The teams played through the second period as the snow started and increased in intensity, not long after they were forced to wait around an extra hour to drop the puck because of bright sunshine that created a dangerous glare on the ice.

The temperature was -4 C when the first puck dropped at 1:41 p.m. in front of a sell-out crowd of 50,105.

THE ASSOCIATED PRESS

### Battle of New York

Yankee Stadium's second hockey game will take place on Wednesday night when the Rangers will again be the road team in a matchup with the New York Islanders.



Brad Richards of the Rangers celebrates scoring against Devils goalie Martin Brodeur at Yankee Stadium on Sunday in New York City. BRUCE BENNETT/GETTY IMAGES

## Participants needed for a Blood Pressure study!



Join a clinical research trial to evaluate the effectiveness of an investigational dietary supplement for mild and moderate hypertension.

Call now to see if you qualify!

Contact KGK Synergize Clinic:  
519-858-8359  
clinic@kgksynergize.com  
www.kgkclinic.com

Participants are compensated up to \$250.00

KGK synergize

## Aussie Open final a roller coaster

Before the tournament had even started, Rafael Nadal described the Australian Open as his unlucky Grand Slam.

But this year it seemed like the injury jinx that had plagued him in previous years — 2006, 2010, 2011, 2013 — had finally lifted.

That was until he got to the final — a match Nadal entered as the favourite against Stanislas Wawrinka. The top-ranked Nadal had beaten Wawrinka in all 12 of their previous matches.

Not only did Nadal lose,

### Grand Slam graciousness



"It's really not the way you want to win a tennis match, but in a Grand Slam final I'll take it." Stanislas Wawrinka

6-3, 6-2, 3-6, 6-3, but he was loudly booed after taking a medical time-out in the second set. He pushed the

match to four sets, but the 13-time major winner was struggling. The crowd rallied behind him chanting "Ra-Fa! Ra-Fa!" when he refused to quit.

Nadal apologized to the crowd and to Wawrinka, a friend since they were teens.

"I'm sorry to finish this way," Nadal told the crowd in the 15,000-seat Rod Laver Arena, which erupted in cheers. "This year was one of the most emotional tournaments in my career."

THE ASSOCIATED PRESS

### Women's final

Li Na made it third time lucky in the Australian Open final, beating Dominika Cibulkova 7-6 (3), 6-0 on Saturday to become the oldest woman to clinch the title here in the Open era.

- Li, who turns 32 next month, lost Australian Open finals to Kim Clijsters in 2011 and to Victoria Azarenka last year.



## Horoscopes

### Aries

March 21 - April 20

You will find it easier to be assertive this week but that does not mean you can order people around for the fun of it. Try to work harmoniously with those who share your aims.

### Taurus

April 21 - May 21

You have been worrying about something for no reason and what happens over the next few days will convince you that you have in fact been rather lucky. That luck will continue as someone makes you an offer you won't want to refuse.

### Gemini

May 22 - June 21

Listen to your instincts today because they are sharper than ever. If your inner voice tells you one thing while the so-called experts tell you another, you can bet they have got it wrong.

### Cancer

June 22 - July 23

Current cosmic activity makes you sensitive to changes, to the extent that you will sense when something is about to happen hours before it actually occurs. With that kind of advantage how can you possibly fail?

### Leo

July 24 - Aug. 23

If you work with the planets this week, you will find ways to shape your destiny. If you work against them your destiny will still change but maybe not in ways you feel comfortable with.

### Virgo

Aug. 24 - Sept. 23

Why merely fantasize about being where family and financial worries play no part when, with a little bit of effort, you can make it happen? Stop thinking and start acting.

### Libra

Sept. 24 - Oct. 23

You have been avoiding making some kind of decision but the time is rapidly approaching when you must act swiftly. You know what has to be done, so quit stalling and get busy.

### Scorpio

Oct. 24 - Nov. 22

Don't do something just because it is forbidden today. It may be fun breaking the rules but it could be costly. Risks are allowed but they must be of the calculated variety. Anything else is asking for trouble.

### Sagittarius

Nov. 23 - Dec. 21

Your main task over the next few days is to find ways to fulfill your obligations, while still having fun socially. For best results, steer clear of extremes and steer clear of people who bring out the worst in you.

### Capricorn

Dec. 22 - Jan. 20

Try to be less suspicious when dealing with people on a professional level. That kind of attitude is self-fulfilling. If you think everyone is a shark then that is the kind of person you are going to attract.

### Aquarius

Jan. 21 - Feb. 19

The trend that dominates your life at the moment is positive, so stop trying to change things and go with the flow. Some events may seem negative to begin with this week but they will have positive results.

### Pisces

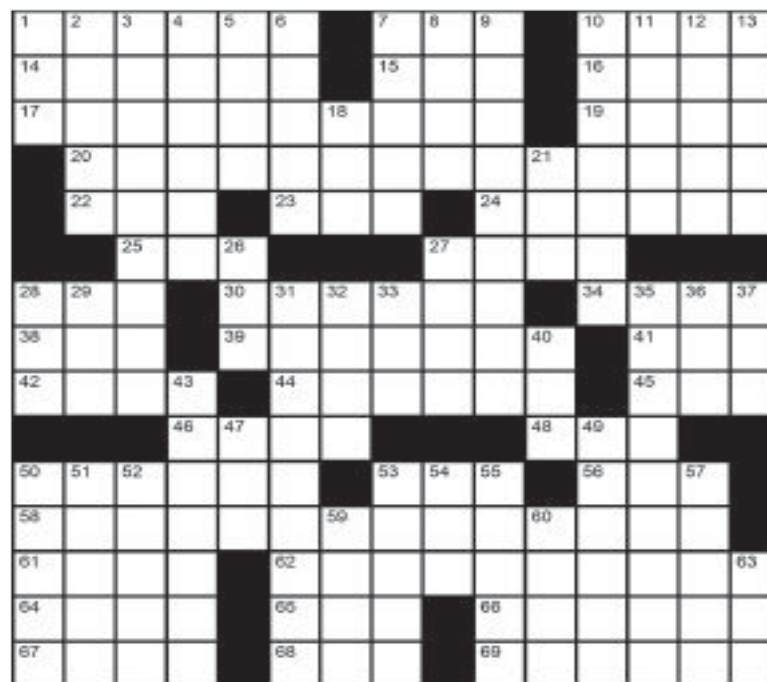
Feb. 20 - March 20

A quick decision isn't always the best, so stop worrying you're being left behind and need to catch up. You're where you need to be and don't need to change a thing. SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Scoots
7. Segment, shortly
10. Aria in Verdi's opera Rigoletto: "\_\_\_ nome"
14. Mr. Borgnine
15. Cellular stuff
16. Mary Kay rival
17. Northern Alberta community near the BC border: 2 wds.
19. Ms. Moreno
20. Canadian band for Shaun Verreault, Safwan Javed and Gordie Johnson: 3 wds.
22. 'Client' completer
23. Pics-taker of the stars
24. Eastern Townships ski resort, Mont \_\_\_
25. Gladiator's 1550
27. Ploy
28. Podded plant
30. Toronto-born musician, Rik \_\_\_
34. Skim
38. Prefix with 'cycle'
39. Reality TV producer Mark
41. Past
42. Salon products
44. Body of water for Moses: 2 wds.
45. Novel
46. Hints
48. Central
50. Ms. Fawcett



53. Halifax hrs.
56. Patty Hearst's kidnappers [acronym]
58. Historic Toronto accommodation for TV show guests: 3 wds.
61. Language of Pakistan
62. The Who's "Out

- here in the fields..." song: 2 wds.
64. 'Social' suffixes
65. Leandro's beloved
66. Backtrack to a happening
67. Covers roads
68. Internet hookup, commonly
69. Actor Nick's

### Down

1. Hugh Jackman's wife, to Hugh
2. "What \_\_\_ fighting for?" - Robert Service
3. Letter sent in an envelope: 2 wds.
4. Did a Border Col- lie's job

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).  
BY KELLY ANN BUCHANAN

11. Dispatch boat
12. Tilt-\_\_\_ aircraft
13. "...so \_\_\_ so forth."
18. Jennifer Lopez's first hubby, Ojani \_\_\_
21. Bride's new title
26. Beirut's locale [abbr.]
27. Paths, for short
28. Certain canine
29. Compass point
31. Flipped-from-the-wall retro mattress: 2 wds.
32. Military food packets, commonly
33. Terminate
35. Like many a romantic dinner
36. Birthday number
37. Immediately
40. \_\_\_-o'-shanter
43. Waltz composer, Johann \_\_\_ (b.1804 - d.1849)
47. 'President' suffix
49. U2's "\_\_\_ Haven't Found What I'm Looking For"
50. Produce product
51. Major artery
52. Actress Winona
53. Tree, in Spain
54. Style of music
55. "Every Rose Has Its \_\_\_" by Poison
57. Pain relief brand
59. Paddles
60. Nabisco cookie
63. "Affirmative."

## Friday's Crossword

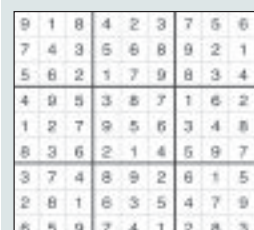


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



## FEELING GRAY?

Show us how you wear colour & become a global street style star

# MODMODS.COM MONTH OF COLOUR

MODMODS.COM • A NEW SITE FOR THE LATEST IN STREET STYLE • FASHION • BEAUTY • TRENDS • BLOGS



# change lives.

you donate. we train. people work.

**DONATE TODAY**



## **EAST LONDON**

**1044 Adelaide St. N** (at Bookstore)  
**1165 Oxford St. E**  
**28 Clarke Rd** (at City EnviroDepot)

## **WEST LONDON**

**1570 Oxford St** (at City EnviroDepot)

## **ST. THOMAS**

**321 Elm St**

## **SOUTH LONDON**

**3410 White Oak Rd**  
**979 Wellington Rd** (behind Moxies)  
**457 Southdale Rd**

## **NORTH LONDON**

**1225 Wonderland Rd** (at Sherwood Forest Mall)

## **WOODSTOCK**

**865 Dundas St**

## **DOWNTOWN LONDON**

**255 Horton Street**

**you donate.  
we train.  
people work.**

